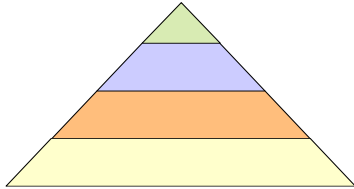


Name of Activity:	Nutritional Fitness
Purpose of Activity:	Students will need to know how many servings of each section of the food pyramid are appropriate to eat per day.
Suggested Grade Level:	6-8
Materials Needed:	Lots of 3x5 index cards (number varies based on class size); 8 poster boards with an easy-to-read food pyramid guide on one half, and velcro attachments set up in the shape of the food pyramid on the other half; one dome cone for each index card. Copies of the Food Guide Pyramid can be downloaded from http://www.usda.gov/cnpp/



Description of Idea

The purpose of this activity is to review the appropriate number of servings and serving sizes from the food pyramid. Students will engage in physical activity through this warm-up using teamwork and cooperation.

1. Students are divided into teams of 8 (size of teams depends on class size).
2. Scatter 3x5 index cards in the center of the gym with a dome cone covering each one. Write the name of a food on the front of each card and a fitness activity on the back (for instance, apple on the front and 5 lunges on the back). Attach velcro to all of the cards, so students will be able to velcro them to their team pyramid.
3. Place the teams around the perimeter of the area--each with one of the poster boards.
4. When the music starts, each team sends 1 person to the center to pick up any card (from under a dome cone) and bring it back to the group. The group looks at the food and if it will fit on their pyramid, they velcro it on. Repeat (send a new group member for another card).
5. If they do not need any more servings from that food group, they complete the fitness activity (on the back of the card) together. The person that picked the card up originally, takes it back. Repeat (send a new group member for another card).
6. Teacher should check pyramids for accuracy when students complete

activity.

Teaching Suggestions:

Review the number of servings and serving sizes that are appropriate from each section of the pyramid. See <http://www.usda.gov/cnpp> for information on recommended Food Guide Pyramid servings and serving sizes.

Discuss the importance of limiting the consumption of foods high in added fats and sugars.

Discuss how the group worked as a team in determining the appropriate servings and correct areas to place cards on their pyramid.

Assessment Ideas:

Have students turn completed pyramid in for a group grade.

